

OUR QUIET TEN · BEDTIME RITUAL PRINTABLES

Our Quiet Ten

7-Night Moon Voyage Bedtime Conversation & Habit Tracker

No tests, no hurry. Just ten gentle minutes of bedtime sharing.

One card per night · Grown-up answers first · Skip or hug anytime · A calm ending

Recommended: Print on A4/Letter paper, cut along the dashed line, and keep bedside.

Tonight's Weather

If the way you felt today were weather, what kind of weather would it be?

GROWN-UP FIRST

I'll go first: today felt a little ____ because ____.

FOLLOW UP

What would that weather want most right now?

PLAY & MOVE

Take turns making the face of one kind of weather. Guess, then let the person name it.

PARENT NOTE

A child does not have to explain why. Naming one kind of weather is a complete answer.

Avoid saying: "There is nothing to be sad about."

Tomorrow hint: When good weather arrives tomorrow, give each other a tiny wink.

If Your Pillow Could Talk

If your pillow could talk, what would it say to you tonight?

GROWN-UP FIRST

My pillow might say, "You worked hard today."

FOLLOW UP

What kind of voice would it use?

PLAY & MOVE

Let the pillow say one short line in a made-up voice. Guess who or what the voice belongs to.

PARENT NOTE

Imagination has no correct answer. Silly answers often make the conversation easier.

Avoid saying: "Be serious. Stop making things up."

Tomorrow hint: In the morning, ask the pillow whether it dreamed.

The Funniest Moment Today

What was the funniest thing that happened today?

GROWN-UP FIRST

My funniest moment today was ____.

FOLLOW UP

Would you like to show me what happened?

PLAY & MOVE

Give three tiny clues about the funny moment. Let the other person guess before you tell it.

PARENT NOTE

Sharing a little of your own clumsiness first can make it safer for a child to join in.

Avoid saying: "That is not funny."

Tomorrow hint: If something funny happens tomorrow, save it to tell each other.

Three Things for the Moon

If you slept on the moon tonight, which three things would you bring?

GROWN-UP FIRST

I would bring ____ because ____.

FOLLOW UP

What would the bed on the moon look like?

PLAY & MOVE

Mime packing one moon item at a time. The other person guesses what went in the bag.

PARENT NOTE

Choices can show what a child likes or feels close to, but they do not need to be interpreted.

Avoid saying: "You cannot bring that. Choose something else."

Tomorrow hint: Tomorrow, look together for one thing shaped like the moon.

A Medal for Today

What kind of medal would you give yourself today?

GROWN-UP FIRST

I would give myself a “kept trying” medal.

FOLLOW UP

What color is the medal?

PLAY & MOVE

Describe what the medal celebrates without naming it. Let the other person guess its title.

PARENT NOTE

Notice effort, honesty, asking for help, and trying, not only good performance.

Avoid saying: “That is not worth a medal.”

Tomorrow hint: Tomorrow, notice one small thing the other person deserves a medal for.

Animal Swap Day

If we woke up as two animals tomorrow, what would you like us to be?

GROWN-UP FIRST

I would like to be a ____ because it can ____.

FOLLOW UP

How would that animal say goodnight?

PLAY & MOVE

Make one tiny animal movement or sound. Guess the animal, then switch.

PARENT NOTE

Never use an animal comparison to mock someone’s body, ability, or personality.

Avoid saying: “You are just like a lazy pig.”

Tomorrow hint: Use your animal signal to say hello in the morning.

One Moment to Replay

Which happy moment from these days would you like to do again?

GROWN-UP FIRST

The moment I would replay is when we ____.

FOLLOW UP

What would you add if we did it again?

PLAY & MOVE

Give one sound, one place, and one object from the moment. Let the other person guess.

PARENT NOTE

A small, specific moment is easier to answer than a question about being happiest.

Avoid saying: "Why did you not choose the time I planned?"

Tomorrow hint: Next week, make ten minutes for one real replay.

Our Quiet Ten · Bedtime Ritual Printables

7-Night Moon Voyage · Bedtime Habit Tracker

Each night you share a calm bedtime conversation, invite your child to color one star.

 NIGHT 1 Tonight's Weather Date: _____	 NIGHT 2 If Your Pillow Could Talk Date: _____	 NIGHT 3 The Funniest Moment Today Date: _____	 NIGHT 4 Three Things for the Moon Date: _____
 NIGHT 5 A Medal for Today Date: _____	 NIGHT 6 Animal Swap Day Date: _____	 NIGHT 7 One Moment to Replay Date: _____	

7 Nights Completed · Family Signature: _____ Date: _____

Private family ritual · Screen-light & voluntary · Our Quiet Ten